



**Increase Your
Intuition by
Learning Tarot with
a Master Psychic**

Increase Your Intuition: Learn Tarot with a Master Psychic Session Outline

Introduction:

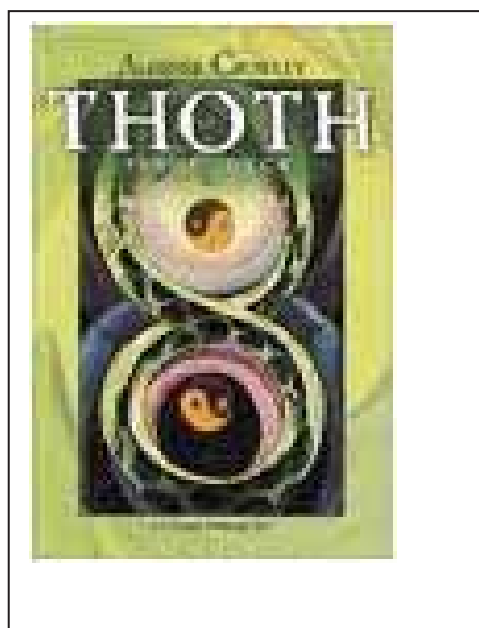
- **The most successful people live intuitively.**
 - We are hard-wired to be intuitive through our senses
 - Everyone uses intuition everyday
 - But few have opened fully to the gift of intuition & most people censor their intuition
- **Tarot: Gateway to Intuitive Living**
 - Tarot will increase your natural intuitive ability
 - Works through your keenest sense – the visual.
 - Triggers right brain action: a Rorschach Ink-blot test
 - A treasure-trove of myth, archetype and ancient symbolism to connect you to universal wisdom
- **Teacher Demonstration**
- **Simple Understanding of the Cards (see hand-outs)**
 - Two decks within the tarot: big and small cards
 - Four Elements of the Universe underlies Tarot
 - Different cards have different power
 - Trumps (the big cards): Archetypes that describe life
- **Let's Read!** Students read for themselves & each other with teacher guidance.



Introduction to Tarot -- Jeanne Mayell

- 56 regular playing cards + 22 Archetype Cards
- Reflect the energies and cycles of human consciousness
- Date back to 16th century, with symbols and archetypes dating back to Ancient Greece, Rome, Egypt, as well as early Jewish and Celtic origins.
- Two Parts:
 - **Minor Arcana or Everyday Cards:** Similar to regular playing cards. 4 suits of 14 cards each, numbered Ace through 10 plus four court cards. Suits are the four elements of earth, air, fire, water.
 - **Major Arcana or Trump Cards:** 22 archetypes of human experience starting with the Fool.

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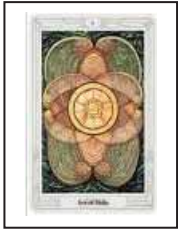
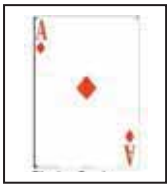





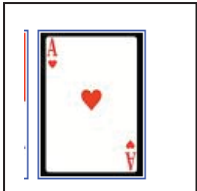


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The Four Elements or Energies of Human Experience

Type of Energy	Suit in the Tarot	Suit in Modern Cards	Meaning or Type of Energy	Houses of the Zodiac
Earth	Disks 	Diamonds 	physical, things of value, money, the material world	Taurus ♉ Capricorn ♐ Virgo ♍
Air	Swords 	Spades 	intellect, the mind with all of its conflicts and clarity	Gemini ♊ Aquarius ♒ Libra ♎
Fire	Wands 	Clubs 	Passion, Spirit in the active or masculine sense, kundalini energy	Aries ♈ Leo ♌ Sagittarius ♐
Water	Cups 	Hearts 	Love, spiritual energy in its feminine or passive form	Pisces ♓ Cancer ♋ Scorpio ♏

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The Major Arcana or Trumps – The Fool’s Life Journey

0. **Fool** -- Innocence
1. **Magician/Magus** –the communicator, the conjurer
2. **Priestess** – Intuition
3. **Empress** –Mother
4. **Emperor** – Father
5. **Hierophant/ Pope** –Teacher/higher authority/church/gov’t
6. **Lovers** – marriage, family, partnership/siblings
7. **Chariot** – independence/protection/career
8. **Justice/Adjustment**– Balance/scales of justice
9. **Hermit** – reflection, going within
10. **Fortune** – the ups and downs of life
11. **Strength/Lust** – power of the will/desire
12. **Hanged Man** – surrender/out of control
13. **Death** – Letting go, ending
14. **Temperance/Art** – Balance/creating art
15. **Devil** -- Pan (the horned god): dominance, negativity
16. **Tower** - Shattering event, falling away of old structures
17. **Star** – blessings/grace/optimism
18. **Moon** – the unknown, the shadow
19. **Sun** – joy, children, happiness
20. **Judgment** – final judgment, evaluation
21. **Universe/World** – mastery, achievement, ascendancy

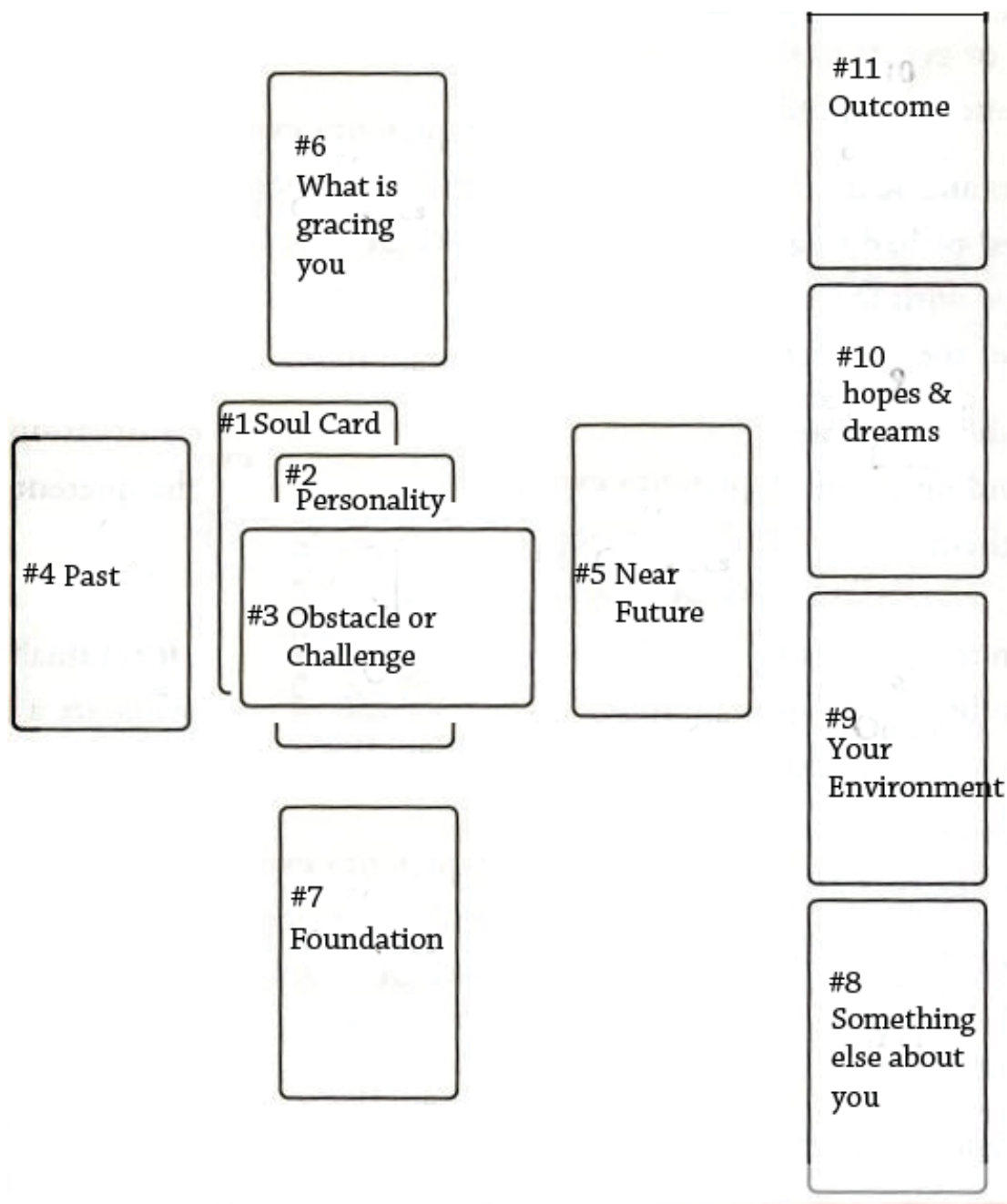


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Celtic Cross Spread



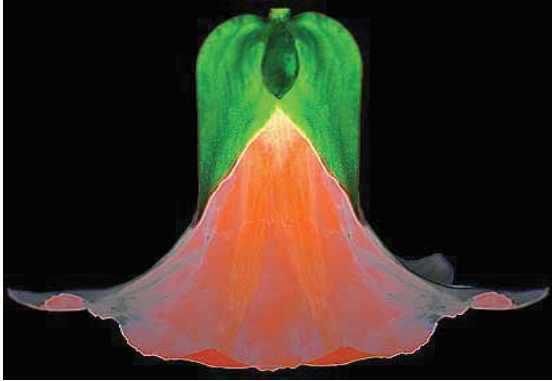
Reading the Cards - Some Tricks of the Trade

- Begin with meditation and deep breathing. During reading, remember to breathe
- Let something in the card catch your eye and read it. Ask yourself, “This image reminds me of (fill in the blanks)....”
- What does the image feel like to you? – Vibrant? Calm? Nervous? Creepy? Ecstatic? Warm? Cool? Freezing? Hot? Intellectual? Sexual? Loving? Angry?
- Try making up a story from the image in the card, something that catches your eye. Begin with, “It’s as if the girl in the card were.... or “Once upon a time there was this man who...”
- Force yourself to go with your first thought. It is usually the most accurate, even if it seems silly or you don’t know where it will lead. When you hesitate, you’re letting your left brain (which is not psychic) take over.
- If you can’t feel anything when you look at the card, close your eyes and take some deep breaths, center yourself, then open and look at the card.
- The more you learn about the symbols, the myths, and the archetypes, the more ancient wisdom you will be bringing to the reading.
- If you only understand a few cards, try doing a reading with just those cards.
- Do a simple three-card spread on each question; past, present and future cards to show where the situation is headed.
- Yes-No Questions: An Ace means yes. Instead of yes-no question, try asking a qualitative question. For example, instead of asking, “Should I move to Florida? Ask: “What can spirit tell me about moving to Florida?” or “What will it be like for me if I’ve moved to Florida?”
- Just like in modern cards, some cards are more powerful than others. Aces are the highest of the everyday cards or Minor Arcana; trumps or Major Arcana are more powerful than the everyday cards.
- Warning about reading for yourself. If your question is coming from worries or fears, you may tend to read those fears into the cards.
- To learn the cards, try putting them in order every night before bed.

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Five Spreads for Reading Yourself

Relationship Spread by Jeanne

- 1. What I need to know about myself in partnership.
- 2. What I should be looking for in a partner.
- 3. Obstacles within myself to finding the right partner.
- 4. What will help me find a new partner?
- 5. Outcome

Career Spread or Finding My True Work by Jeanne

- 1. What I am good at doing.
- 2. What I enjoy doing.
- 3. Biggest challenge to achieving fulfillment.
- 4. Issues in my environment affecting my search.
- 5. Next step to finding my true work.
- 6. Someone who will help me along the way.
- 7. Outcome

Inner Peace Spread by Jeanne

- 1. Card 1: Quality within me gives me inner peace.
- 2. Card 2: Obstacle within me to attaining inner peace.
- 3. Card 3: If there is any one thing I should be doing to achieve inner peace?
- 4. Card 4: Something in my environment that helps or blocks me.
- 5. Card 5: Outcome

Business Spread by Jeanne

Card 1: Current overall health of the business

Card 2: Strengths

Card 3: Weaknesses

Card 4: How I can strengthen the business

Health Spread by Peggy

☐ Card 1: What is the overall state of my health?

☐ Card 2: What is the overall state of my mind?

☐ Card 3: What is the overall state of my body?

☐ Card 4: What is the overall state of my spirit?

☐ Card 5: How do I integrate these parts of myself?

My Focus at This Time in My Life by Peggy

☐ Card 1: The issue that's upper most in my mind.

☐ Card 2: Something more to know about it.

☐ Card 3: Obstacle to my focus.

☐ Card 4: What to do about it?

☐ Card 5: Outcome

Empowerment Spread by Bill

☐ Card 1: This is my power.

☐ Card 2: How it is best used?

☐ Card 3: What inhibits this power within me?

☐ Card 4: How can I bring it out more?

Relationship Spread (for a specific loved one) by Jeanne

☐ 1. General situation between you and your object of desire.

☐ 2. How he/she feels about you.

☐ 3. How you feel about him/her.

☐ 4. Obstacles to a relationship with this person.

☐ 5. Outcome

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Giving Your First Reading

1. Before you begin:
 - Close your eyes & breathe. Repeat this throughout the reading to stay in touch with your intuition.
 - Trust that everything you get is correct in some way. Worrying about whether you are right is an intuition-blocker.
 - Stay positive, See all developments as growth opportunities provided by the divine.
2. Look at the cards, and, without thinking, talk about the first thing you notice or the first thought you get. Go to the card that jumps out at you and read it first.
3. Note colors, movement, characters' expressions and body language. Ask yourself: what is going on in this picture? Talk about it even if you don't know what it means. Let the recipient of the reading figure out what it means.
4. Look for images emerging from any abstract designs. Do they remind you of anything? Say it!
5. After you've described what you see, step back, breathe, and allow it to all come together. Say what you are thinking even if it seems silly.
6. Go for broke with your words! As long as you stay positive in your tone and message, you have nothing to lose and intuition to gain.

